

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
N	Need Help with Information Regarding Resources? Contact Diane Evans at 303-335-4919 Need a Ride? Call Via at 303-447-9636, \$3 fare each way	1 8:30 Modified Yoga 9:45 Building Flexibility 11 Legal Q & A 1 SilverSneakers® Cardio 1 Intro to Computers (beg.) 1:30 Matter of Balance	2 9:30 Painting & Drawing 9 Medicare Open Enrollment-appointment needed 10 Hammond's Candy 10:30 SilverSneakers® Classic 1 Line Dancing	3 8:30 Modified Yoga 9:30 Loving Hands 9:45 Building Flexibility 12:30 Beg. Line Dancing 1 Bridge 1 SilverSneakers® Cardio	4 11 Choir 10:30 Aqua Arthritis 10:30 The Swan House, Loveland 1 Improve Computer Skills(Advanced)	5 8 Adv Tai Chi 9:15 Int Tai Chi 10:30 Beg Tai Chi
O						
V						
6	7 8 SilverSneakers® Cardio 10 Memory Cafe 10 Beginning Drawing 10:30 SilverSneakers® Classic 12:45 Stories from Your Life 1 Bridge 1 Scrabble 2 The Conversation Project	8 8:30 Modified Yoga 9:45 Building Flexibility 1 SilverSneakers® Cardio 1 Intro to Computers (beg.) 1:30 Matter of Balance	9 9 LEAP Application Assistance 9:30 Painting & Drawing 10 Intro to Golden Meditation 10:30 SilverSneakers® Classic 1 Line Dancing	10 8:30 Modified Yoga 9:30 Loving Hands 9:45 Building Flexibility 12:30 Beg. Line Dancing 12:30 Foot Care 1 Bridge 1 SilverSneakers® Cardio 6 Alzheimer's Caregivers	11 11 Choir 10:30 Aqua Arthritis 1 Improve Computer Skills(Advanced)	12 8 Adv Tai Chi 9:15 Int Tai Chi 10:30 Beg Tai Chi 12:45 Jersey Boys, Denver
E						
M						
13	14 8 SilverSneakers® Cardio 10 Beginning Drawing 10:30 SilverSneakers® Classic 12:45 Cont. Stories from Your Life 1 Bridge 1 Scrabble	15 8:30 Modified Yoga 9:45 Building Flexibility 1 SilverSneakers® Cardio 1 Intro to Computers(beg) 1:30 Matter of Balance	16 10 Intro to Golden Meditation 10:30 SilverSneakers® Classic 12 Annual Thanksgiving Feast/Advisory Board Meeting 1 Line Dancing	17 8:30 Modified Yoga 9:30 Loving Hands 9:45 Building Flexibility 12:30 Beg. Line Dancing 1 SilverSneakers® Cardio 1 Bridge	18 11 Choir 10:30 Aqua Arthritis 1 Improve Computer Skills(Advanced)	19 8 Adv Tai Chi 9:15 Int Tai Chi 10:30 Beg Tai Chi 6 "Prague, I Love You", Boulder
B						
E						
R						
20	21 8 SilverSneakers® Cardio 10 Beginning Drawing 10:30 SilverSneakers® Classic 1 Bridge 1 Scrabble 1 Hears to You	22 8:30 Modified Yoga 9:45 Building Flexibility 1 SilverSneakers® Cardio 1 Intro to Computers(beg) 1 Book Club	23 9:30 Painting & Drawing 10 Intro to Golden Meditation 10:30 SilverSneakers® Classic 1 Line Dancing	24 CLOSED 	25 11 Choir 10:30 Aqua Arthritis 1 Improve Computer Skills(Advanced)	26 8 Adv Tai Chi 9:15 Int Tai Chi 10:30 Beg Tai Chi
2016						
27	28 8 SilverSneakers® Cardio 10 Beginning Drawing 10:30 SilverSneakers® Classic 1 Bridge 1 Scrabble	29 8:30 Modified Yoga 9:45 Building Flexibility 1 SilverSneakers® Cardio 5 Bourbon Street Seafood & Chophouse, Louisville	30 9 Medicare Open Enrollment-appointment needed 9:30 Painting & Drawing 10 Intro to Golden Meditation 10:30 SilverSneakers® Classic 1 Line Dancing	<div> <div>Louisville Recreation & Senior Center</div> <div>303-666-7400</div> <div>LouisvilleRecreation.com</div> </div>		
						